Breast Lift (Mastopexy) – Pre- and Post-Operative Instructions

#### **Please Read First**

The information on this page provides a condensed overview of key preparation and recovery guidelines for a breast lift (mastopexy) surgery. For complete instructions—including specific timelines, medication details, and aftercare protocols—please download the full Pre-Operative and Post-Operative instruction documents below. These serve as your primary reference for a safe and successful recovery.

## What to Expect

A mastopexy, or breast lift, is performed to reshape and lift sagging breasts. The procedure typically uses general anesthesia and is performed on an outpatient basis. Bruising, swelling, and changes in sensation are normal parts of the healing process.

## **Key Pre-Operative Guidelines (Summary)**

* **Fasting:** No food or drink (including water, mints, or gum) for 8 hours prior to surgery.
* **Transportation:** A responsible adult must drive you home and remain with you overnight. Rideshare services are not permitted.
* **Medications:** Discontinue aspirin, NSAIDs, and blood-thinning supplements as directed (typically 2–3 weeks prior).
* **Lifestyle Adjustments:** Cease smoking and limit alcohol intake in the weeks leading up to surgery. These steps reduce complications and support healing.
* **Day of Surgery:** Shower the night before or morning of surgery. Do not apply lotions, deodorant, or makeup. Wear loose, front-opening clothing.

**Suggested Supplies:**

* Tylenol (acetaminophen)
* Surgical bra
* Skinuva scar gel (optional)

## Key Post-Operative Guidelines (Summary)

**Medications:**

* Tylenol may be taken as needed. Avoid NSAIDs.
* Narcotic pain medications and Zofran (anti-nausea) may be prescribed.
* Complete the full course of antibiotics.
* Take stool softeners if using narcotics to prevent constipation.

**Hydration & Nutrition:**

* Drink at least 8–10 glasses of water daily.
* Eat small, frequent meals if your appetite is low.
* Limit caffeine and alcohol during recovery.

**Mobility:**

* Begin walking the day after surgery to reduce the risk of blood clots.
* Avoid lifting over 5 lbs for at least 4 weeks.
* Avoid driving while taking narcotic pain meds. Do not drive until you regain full arm mobility.

**Exercise:**

* Avoid strenuous activity for 6 weeks or until cleared by your surgeon.

**Showering:**

* Shower with assistance 24–48 hours after surgery.
* Do not soak in a tub, swim, or use hot tubs until incisions are fully healed—typically around 2 weeks. Wait 4 weeks for hot tub use.

## Recovery Expectations

**Bruising:** Normal; resolves in 2–3 weeks.  
**Swelling:** May persist for several weeks.  
**Pain & Pressure:** Common and should gradually improve.  
**Itching:** Especially near incisions. Benadryl may help.  
**Sensory Changes:** Temporary numbness or increased sensitivity should improve over time.  
**Sun Protection:** Keep scars out of direct sunlight for at least one year. Use SPF 30+ sunscreen.

**Surgical Bra:** Wear continuously for 6 weeks or as advised.

**Drains (if applicable):** Refer to your JP Drain Home Care Instructions if drains were placed.

### **Follow-Up and Support**

**Urgent Concerns:** Contact our office if you experience significant redness, warmth, drainage, fever over 101°F, or persistent pain unrelieved by medication.

**Emergency Situations:** For difficulty breathing or chest pain, call 911 or go to the nearest emergency room.

**Ongoing Communication:**

* + For non-urgent questions, please email clinicalrn@drshimching.com.
  + For urgent matters, contact the office directly from 9am – 5pm at (808) 585-8855.
  + For urgent matters that occur after hours, please use the physician exchange at (808) 524-2575.

**Appointments:** Follow-up visits are essential to ensure proper healing and address any concerns. Attend all scheduled appointments unless advised otherwise.

### **Download Complete Instructions**

For full details on recovery, medication, drain care, and activity timelines, download the detailed guide here:

**[Download Breast Lift Pre & Post-Operative Instructions (PDF)]**